

RESTRAIN

YOURSELF

(or someone else!)



DIY CUFFBELT

i first encountered this super-hot accessory on a friend in NOLA. After lusting for it for months, i found out it was SUPER EASY to make!

i got my supplies @ a used clothing shop for about \$1! Be creative and keep yr eyes open for everyday shit to be to be tied! xxxxo

What i used:

2 "d" rings

D

(make sure the belt fits through them
that they fit through yr pants loops)

1 belt

needle

thread (embroidery)

something to make
holes (i used a tiny
screwdriver)

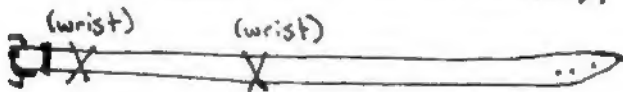
Scissors

Step 1 ———— 11 ———— 1
cuttin' shit up.

Lay the belt on a flat surface.



Place your wrists the distance
you want them to be (do
this closest to the buckle).



Cut those spots.



Step 2 assembly.

wrap a cut end of the belt around one side of the D ring. Make holes to sew through.



Sew it so the D ring is secure.
(the belt)

Then do it again on the other side.



and... again!



Step 3 makin' holes.

Make holes down the length of the belt for fun play, resizing, etc.



wear it!

Slip the end of the belt through the Drings latch!

you can



to the loop the middle

around a pole...

Tips and Tricks

- Make sure the belt fits through the **D** rings and the **D** rings fit through yr pants.
- put the **D** rings closer to the belt buckle
; loop the end of the belt through.
- leave lots of extra belt for using on thighs ankles, love!

fuck
hard.

